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**The fantastic Chingford
Big Weekender returns**
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Waltham Forest

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Issue 120

4 August 2014

Green light for Wetlands project

Council secures £4.4million of funding to bring Walthamstow Wetlands project to life

A funding bid for £4.4million from the Heritage Lottery Fund (HLF) has been successful, allowing the Walthamstow Wetlands project to become a reality.

The announcement by HLF that Waltham Forest Council has secured the funding brings to fruition years of planning and work to see the creation of London's largest urban wetland nature reserve.

"This is fantastic news for Waltham Forest and the wider East London community," said Council Leader, Chris Robbins. "The borough is going through an unprecedented time of regeneration and our cultural offer is at the heart of that growth."

The £4.4million will help the Council achieve its vision to open up Walthamstow Reservoirs to the public, transforming the 200 hectare site into a unique landscape where people can see countless species of animals, enjoy peaceful waterside walks and experience open skies

and waterscapes.

The London Wildlife Trust will undertake the day to day management of the site, which will have four new entrances and foot and cycle pathways. Improved habitats to support the nature conservation value of the site have also been factored in, as has preservation of the site's industrial heritage, including restoration of a locally listed pumping station to house a visitor centre, café, exhibition space, viewing terrace and educational space.

The project has an overall value of £8million for capital works and revenue funding over five years, with Thames Water also committing £1.84million to the project. Last month planning permission and listed building consent was secured. Works are due to commence next year with partial opening planned for 2016, and full opening planned in 2017.



Cllr Clare Coghill, Cabinet Member for Economic Growth and High Streets, near the Pumping Station on Walthamstow Wetlands

More info

For more information about the Walthamstow Wetlands project visit www.walthamforest.gov.uk/walthamstow-wetlands-project. Free internet access is available at all libraries in the borough.

**Keep up to date with
the latest news in
Waltham Forest**

If you want information on the latest council news, events, service changes and consultations sent straight to your inbox, sign up to Waltham Forest Council e-news online at www.walthamforest.gov.uk/enews



Jobs Fair a success



Over a thousand people attended the event

- Residents get advice on jobs, training and education available in the borough
- Some of the UK's biggest businesses were also on hand to help

companies, seminar speakers and local businesses at a Jobs Fair held last week.

With an impressive list of leading employers such as John Lewis, NatWest, Greenwich Leisure Limited and London Fire Brigade on hand to offer actual jobs, as well as practical advice about apprenticeships, intern opportunities and forthcoming openings, the event attracted over 1,000 people.

Other sectors represented at the fair, which was organised by Waltham Forest Adult Learning Service at Queens Road Learning Centre (97 Queens Road, E17

8QR), included hospitality, health and social care, nursing, legal, construction, housing and customer services.

Advice sessions focused on the practicalities of how to be successful at interviews, tips for CV writing and filling in application forms to get employers' attention. For those with an entrepreneurial spirit, the focus was on business start-up, financial advice and networking opportunities.

Cllr Clare Coghill, Cabinet Member for Economic Growth and High Streets, told Waltham Forest News: "The Jobs Fair was a great opportunity for residents looking for

work, an apprenticeship or advice on starting up their own business.

"The seminars held on the day, and invaluable advice offered by experts, will help people get started on the road to finding a job or creating their own, despite the challenging times we are in."

More info

For more information on the Adult Learning Service visit www.walthamforest.gov.uk/adult-learning or phone 020 8496 3000. For more information on jobs and careers visit www.walthamforest.gov.uk/jobs-and-careers.

In my opinion



Pete Towler

Chair, Leyton Sports Ground

If you live in or travel through the south of the borough, you will have passed Leyton Sports Ground (LSG). With its Grade II listed cricket pavilion and grassed areas, you may have wondered about the history of this unique site and what goes on there today.

Between 1886 and 1934, Essex County Cricket Club (ECCC) occupied this site as its headquarters and home ground. Many famous cricketers have played here – including WG Grace and Don Bradman. In 1948, the site was transferred to Essex County Council with covenants requiring that it is preserved as

open space, is maintained for the enjoyment and recreation of local youth and is managed by a management committee. The site was passed to Waltham Forest Council in 1965 with the same conditions.

The Council does not itself run sporting activities at LSG. Instead, it rents facilities to sports clubs, which run a variety of activities including football, cricket, boxing, basketball, zumba dancing, roller skating and weight training. Local schools also use the playing fields for football, athletics and other sports. Unfortunately, LSG has received little investment over recent years and parts of it are now

very neglected.

The current LSG management committee comprises local residents and councillors, sports providers and officers from ECCC and the Council. Our aim is to work together to develop high class sports facilities at LSG for young people and the wider community. Although there has been some initial progress, there is still a long way to go before our aim can be achieved.

The management committee appreciates that public funding is restricted. However, we strongly believe that there are immense benefits to be gained from investing in LSG – from sport, health,

environmental, regeneration and heritage perspectives.

There are some things you can do to support LSG. Why not find out more about the sports currently offered by contacting the LSG reception office? You could raise the need for investment at LSG with your local councillors or come to an Open House event which is taking place at the cricket pavilion on Saturday 20 and Sunday 21 September from 11am to 3pm. If

you give me your contact details, I'll send you progress updates and invite you to any future consultation meetings.

Let's work together to make LSG a celebrated and highly visible asset for Leyton and the rest of the borough!

To find out what's on at LSG phone 020 8496 179. For more information on the LSG Management Committee email petetowler@yahoo.co.uk.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 300 words; Waltham Forest News wants to hear from you. Email the Editor at: walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

Contact Waltham Forest Council:

Visit www.walthamforest.gov.uk
E-mail Wfdirect@walthamforest.gov.uk
Call 020 8496 3000



Waltham Forest News

Editor: Jenny England

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk or phone 020 8496 3000.

Advertising and promotional enquiries:

Sue Hardcastle, 020 8496 3000 (press 6) advertisingwfn@walthamforest.gov.uk

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Their inclusion does not mean that the council endorses the company or product being advertised.

Waltham Forest News is produced using trees from sustainable managed forests where more trees are planted than felled. Please recycle Waltham Forest News when you have finished with it.



Waltham Forest News is published fortnightly by London Borough of Waltham Forest with a print run of 110,000 copies delivered to homes, organisations, businesses and bulk drops in the borough.

The official independently audited free letterbox delivery of Waltham Forest News is 97,479, ABC Regional Dec 2012 to Dec 2013

Lea Bridge Station on track

The long-running campaign to re-open Lea Bridge Station is progressing following a cabinet meeting last month, which mapped out the financial aspects and a few design changes to the scheme.

"The original plan for a new footbridge, stairs and lifts was found not to comply with modern standards and so we had to prepare a completely new design that will see new stairs and lifts attached to the existing bridge over Lea Bridge Road," explained Cllr Clyde Loakes, Deputy Leader and Cabinet Member

for Environment.

Two significant patches of Japanese Knotweed were discovered on the platforms, and their excavation has added to the cost of the project that has also seen costs for signalling, overhead lines and control equipment rise.

On Tuesday 15 July the Cabinet agreed to approve an allocation of just over £5million to support the cost of reopening Lea Bridge Station that now has an overall estimated cost of £11.6 million.

"I won't pretend it's not a lot of money and that we aren't making

a significant investment here," said Cllr Loakes. "We've had to dig deep to ensure that the scheme is fully funded, but we believe it is well worth it."

By reopening the station peak evening journey times from Lea Bridge to Stratford and Tottenham Hale will be slashed from 43 minutes and 34 minutes respectively, to just 5 minutes to both of these main travel hubs.

A legal agreement between Network Rail and the Council for the construction phase is now being prepared with a view to appointing the main contractor on Friday



21 November and construction beginning on Monday 5 January 2015. This should allow the station to open to passengers on Monday 14 December 2015.

More info

The Council's 'Creating a better place to live' campaign is committed to improving the borough's streets, and attracting better shops and leisure facilities. For more information visit www.walthamforest.gov.uk/betterplace.

In brief

Antiques Roadshow

Antiques Roadshow is coming to Waltham Forest Town Hall (Forest Road, E17 4JF) as part of its 37th series. The popular Sunday night show will visit the borough to film on Sunday 31 August – doors will open at 9.30am and close at 4.30pm. Entry is free. Some of Britain's leading antiques and fine arts specialists will be on hand to offer free advice and valuations to visitors, who are invited to raid their attics and bring along their antiques, household treasures and car boot bargains for inspection by the experts. People who have large pieces of furniture or other big items can send details and photographs of their objects to the show in advance. It may be possible to arrange to look at the item in advance and organise transportation to the venue.

• For more information visit www.bbc.co.uk/antiquesroadshow. People with large items can write to Antiques Roadshow, BBC, Whiteladies Road, Bristol, BS8 2LR or email antiques.roadshow@bbc.co.uk.

Celebrating the best of summer events



The Brand New Heavies headlined Walthamstow Garden Party on Saturday 26 July

Thousands of residents and visitors turned out to enjoy the best of the summer events taking place in Waltham Forest in July, with the added bonus of fabulous sunshine throughout.

The vibrant Waltham Forest Caribbean Carnival, now in its 26th year, brought a dash of colour to the borough on Sunday 20 July as part of the Leyton Big Weekender. Residents enjoyed the fantastic street parade of colourful costumes and uplifting music and dance.

British reggae superstar Gappy Ranks headlined the event at Leyton Sports Ground (Crawley Road, E10 6RJ) on Saturday 19 July, performing alongside DJ Daddy Ernie and Tina T and Do You Wanna Funk.

The Walthamstow Garden Party held at Lloyd Park (Forest Road, E17 5JW) drew a bumper crowd of 33,000 people on Saturday 26 and Sunday 27 July. The free two-day festival, organised by Waltham Forest Council in partnership with

Barbican and Create, also featured the Appetite Food Festival. Food tents and stalls featuring local vendors were set up on Lloyd Park's moated Island. Residents enjoyed gourmet delights whilst listening to the energetic tunes of the Brand New Heavies, who headlined the event on Saturday. The festival also featured local artists, designers, writers and performers.

Council Leader, Chris Robbins, told Waltham Forest News: "We're delighted with the fantastic turn-

out this year and of course, the weather has helped tremendously. It's great to see everyone enjoying themselves, having fun and meeting new friends."

Cultural events included the Eid-ul-Fitr celebrations, which marked the end of Ramadan, took place at Walthamstow Assembly Hall in Forest Road on Friday 1 August. The evening of music and dance was enjoyed by families and friends from across the borough.

At the time of Waltham Forest News going to print, the Council was also planning to mark the centenary of World War I on Monday 4 August with poems of remembrance, a display of World War I photography and local art at Walthamstow Assembly Hall (Forest Road, E17 4JF).

Next up is the Chingford Big Weekender, and party-goers can gear up for the brilliant Sister Sledge, Alexander O'Neal and Gwen Dickie (Rose Royce) on Saturday 9 August. The popular two day festival will also feature fun activities for children on the Sunday. Entry is completely free, just turn up.

More info

For more information visit www.walthamforest.gov.uk/get-together. Free internet access is available at all libraries in the borough.

A406 road works

Motorists are being advised to check the Transport for London (TfL) website if they plan to use the A406 Southend Road between now and mid-October. TfL will be carrying out essential maintenance work to the A406 on the section between Waterworks Roundabout and Charlie Brown's Roundabout. There will be a number of road closures at certain times until mid-October. Work will take place on the eastbound carriageway until Thursday 18 September. During this time there will be road closures on Friday and Saturday nights between 10pm and 8am and lane restrictions, including slip lane closures, on Saturday daytime and Monday and Tuesday nights. From Friday 19 September until Sunday 19 October work will take place on the westbound carriageway, with road closures on Friday and Saturday nights between 10pm and 8am, and lane restrictions including slip lane closures on Saturday daytime and Monday and Tuesday nights. To help minimise disruption no work will take place on 9 and 10 August during Prudential RideLondon or over the August Bank Holiday weekend. Bus route 123 will also be diverted on certain nights. More information will be displayed at local bus stops and on the TfL journey planner website.

• For more information visit www.tfl.gov.uk/driving or follow the TFL Traffic twitter feed @TFLTrafficNews. For information on alterations to bus services visit www.tfl.gov.uk/journeyplanner.

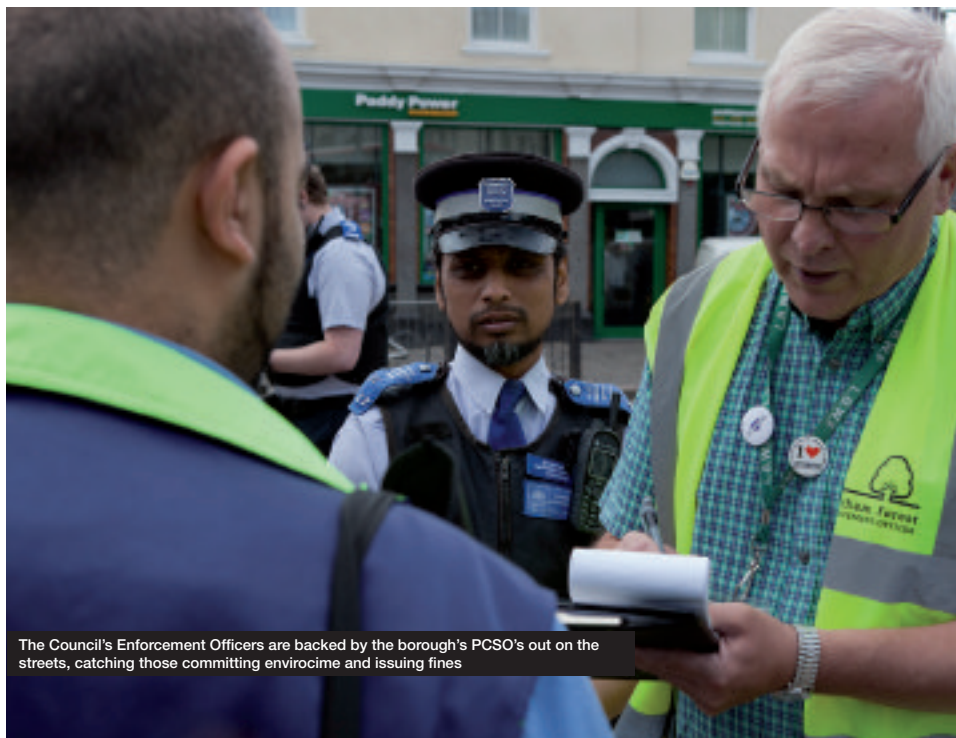
4 Priorities

Working to keep Waltham Forest clean and push recycling rates up

Waltham Forest Council has four key priorities to help improve the lives of residents. In this edition we look at what is being done to keep the borough clean



New technology – like this 'Glutton' that sucks up hard-to-reach litter from between parked cars – is being used in the fight against envirocrime



The Council's Enforcement Officers are backed by the borough's PCSOs out on the streets, catching those committing envirocrime and issuing fines

In keeping the streets of the borough clean, Waltham Forest Council works with residents to find ways to address issues by new and innovative means.

Envirocrime

A combination of education and enforcement has been at the forefront of the Council's crusade against envirocrime, which looks to combat everything from spitting and littering to graffiti or flyposting.

Through methods such as Waltham Forest News, the Council has sought to bring to the attention of everyone in the borough that envirocrime is not welcome here.

And it has backed up its words with real action, coming down hard on both businesses and individuals caught flouting the law. Last year it was the first Council in the country to successfully prosecute someone for spitting in the street.

Cleaner streets

Since the Council awarded a new street cleansing contract last summer there has been a

keener concentration on recycling materials collected from the streets and from the 400 dual litter bins throughout the borough.

Clever use of technology has also helped the Council's Street Cleaners access rubbish. The use of a Glutton – which is essentially a giant vacuum cleaner capable of sucking up all manner of rubbish – has proved extremely useful in accessing rubbish between parked cars.

Reporting

The Council's Dog Enforcement Team are administering a scheme where regular dog walkers and other park users are given pads that allow them to record incidents of people not clearing up after their pets.

By filling out some key details about when, where, what type of dog etc. the dog team are able to act on the intelligence and approach irresponsible dog owners to remind them of the need to bag and bin their dog's waste. Get in touch if you would like a pad or report an issue online via the Council's website.

Yes You Can

The Council's latest initiative, called 'Yes You Can', highlights that as much as 70 per cent of household waste is recyclable and encourages residents to divert more from their black bins to their green bins.

Things like plastics, tin cans, glass, paper and plastic bags can all be put into residents' green bins, instead of their black bins. Likewise a host of food and garden waste can go into brown bins.

Residents are being encouraged to not just recycle the big things like cardboard boxes and plastic bottles, but to think of all the little items that can also go in the green bin rather than the black.

So, for example, people may already be recycling cans and tins, but not be recycling other smaller metal items such as aerosols, foil trays, foil wrapping and metal lids. With plastics and cardboard also recyclable, things like yogurt pots, plastic packaging and even toilet roll tubes can add up to make a big difference.

The Yes You Can campaign

aims to make residents think twice about all those small things, and that applies to food waste too. Getting into the habit of emptying unwanted leftovers or plate scrapings straight into your kitchen caddy and placing tea bags and coffee grounds in as a matter of course every time you make a drink can transform how much more waste is composted.

The smell and mess of food waste can put people off and so

the more that residents can use compostable caddy liners and make use of the weekly food collections, the more we'll recycle as a whole.

More info

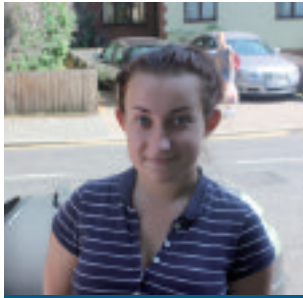
To find out more about what you can recycle, visit www.walthamforest.gov.uk/rubbish-recycling or phone the Council's street services team on **020 8496 3000**.

Fact file

- The Council collects waste from over 98,000 homes in the borough.
- There are 400 dual litter bins placed around Waltham Forest.
- Flytipping has reduced by 32 per cent over the last three years.
- Food waste represents almost 30 per cent of north London's waste.
- Seventy per cent of all household waste is recyclable.

What you say

Residents tell Waltham Forest News what they think about the Council's work to keep our borough clean



Billie Housden, Highams Park

"I think the streets of the borough are pretty clean – especially compared to other areas. I would report issues such as graffiti or fly-tipping if I came across it in my neighbourhood and I use the recycling section of the bins when I'm out and about."



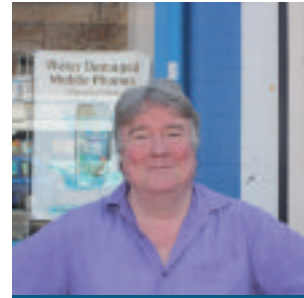
David Barker, Highams Park

"I think it is right that the Council fine people dropping litter or spitting in the street. I'm a smoker and I make an effort to put my cigarette butts in the bin and think everyone has a responsibility to make use of litter bins and not just drop things in the street."



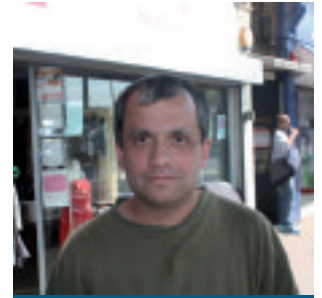
Mrs Samreen Munib, daughter Zaina and son Ayaan, Highams Park

"I love living in Highams Park and don't want to see it ruined by litter. I think the Council does a good job in that regard and hope they can do more to keep the place neat and tidy and maybe brighten it up with a few more flowers and the like."



Dr Jim Younger, Highams Park

"I regularly report issues to the Council and have to commend them on their quick response to things like dog mess. I think more people should report problems and I also think businesses should do more to clear up mess created by their customers."



Fazal Maniar, South Chingford

"By and large I find that the streets of the borough are fairly clean and there are plenty of bins around. I recycle at home and would certainly make use of the dual bins to recycle when out and about too."

Priority: Keeping our borough clean

Commitment:

- Guarantee to continue to provide a weekly waste and recycling service
- Work constantly to keep out streets clean and litter free
- Not tolerate those who fly-tip and dump rubbish in our borough and will push for more powers to prosecute offenders
- Offer an unlimited and free collection of bulky waste items from your doorstep

Priority: Making our community a safer place

Priority: Helping you and your family

Priority: Bringing you better shopping, streets and leisure

www.walthamforest.gov.uk/priorities

In brief

Park awards

Eibe Play and Waltham Forest Council have scooped not one, but two awards for the borough's ambitious £1.9million Parks and Play Programme that was completed earlier this year. An International Green Apple Award for the Built Environment and Architectural Heritage and an International Corporate Social Responsibility Excellence Award were handed out. The first recognised the positive impact the programme has on the environment and improved sustainability, and the second award is for responsible, caring organisations that help those who depend on them for their livelihoods, and others less fortunate.

• **The Council's 'Creating a better place to live' campaign is committed to doing more to improve the borough's schools, attract better shops and enhance leisure facilities. For more information visit www.walthamforest.gov.uk/betterleisure**

Green Flags

Coronation Gardens in Leyton, Ridgeway Park in Chingford, Lloyd Park in Walthamstow and Langthorne Park in Leytonstone have all retained their Green Flag status. The Green Flag award is the national standard for parks and green spaces in England and Wales, recognising and rewarding the best in the country. It's the second year in a row that Lloyd Park has met the grade after being extensively renovated. Ridgeway Park first received Green Flag status in 2011, while Coronation Gardens and Langthorne Park have had the honour since 2007.

• **For more information visit www.walthamforest.gov.uk/parks or phone 020 8496 3000.**

CleanCity

Local resident and avid reader of Waltham Forest News, Emmanuel Daniel, has devised a free Smartphone App to help in the fight against litter. The App, called CleanCity, is accessible from all mobile platforms and encourages businesses to move away from using flyers, junk mail, leaflets and posters and instead offers them a set of tools to do the job digitally. The App allows them to send instant notifications, and pop-up promotions, and introduce mobile loyalty schemes, among other features.

• **For more information visit www.mydearcity.net or phone the founder of the CleanCity App, Emmanuel Daniel on 07990 372 669.**



Residents have taken full advantage of the opportunity of recycling more plastics

Recycling hits an all-time high at 40 per cent

- **Borough hits 40 per cent recycling threshold marking significant progress since 2011**
- **Still more recycling possible with the Council saying 'Yes you can'**

Over the last few years more and more has been done to encourage residents to recycle as much waste as possible, and last month the overall recycling percentage hit the magic 40 per cent mark for a single week for the very first time.

"That compares to an average of just over 26 per cent in the year 2011-12, so it shows just how far the borough has come," said Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment.

"It's important to emphasise that this has been achieved by the changing behaviour and actions of residents. We've been working hard to find ways to help people get better at recycling, but ultimately the real step change in the percentages is down to residents."

A number of different measures have been introduced to help people recycle more. Providing

green wheelie bins for recyclables such as newspaper, glass and plastics, instead of smaller boxes, has helped a lot.

As has collecting green and black bins on the same day, by using a special vehicle which has separate compartments for recycling and refuse.

In the past residents had their black and green bins collected on different days, which sometimes meant people would put waste in whichever bin was being collected next, rather than separating rubbish from recycling.

Another way the Council has worked to encourage more recycling is by introducing weekly collections of organic (food and garden) waste over the warmer summer months. By upping collections from fortnightly to weekly when the weather heats up, residents don't have to hang

on to potentially smelly food waste for longer than necessary. The weekly food waste collections are designed to make recycling even more convenient for residents.

Waltham Forest's free Bulky Waste Service has also made a difference, leading to around 25,000 collections annually and a decrease in incidents of fly-tipping of 32 per cent over the past three years.

The Council has been working smarter too, joining up with voluntary sector partners and the organisation that manages its housing stock (Ascham Homes) to reuse and recycle more items.

Plus there have been a number of specific areas such as a new recycling service for flats above shops, recycling at Walthamstow Market and 400 dual litter bins being placed on the streets of the borough.

The latest initiative highlights that around 70 per cent of all household waste is recyclable. "We're convinced that we can drive recycling rates up even further," said Cllr Loakes. "That's why we have called the latest campaign 'Yes you can'."

"People need to start seeing their green bin as their main bin so that we can direct more rubbish away from black bins. General refuse collected in black bins is sent to landfill or for incineration and that is both costly and environmentally harmful."

More info

To find out more about what you can recycle, visit www.walthamforest.gov.uk/rubbish-recycling Free internet access is available at all libraries in the borough.

New faces at Coroners

- Three new Assistant Coroners are sworn in by the Mayor
- Waltham Forest acts as the lead authority for East London



New Assistant Coroners Mr Ian Wade QC, Ms Laura Johnson and Ms Elisabeth Bussey-Jones at their swearing-in ceremony with Mayor of Waltham Forest, Cllr Terry Wheeler (far right) and Senior Coroner for East London Ms Nadia Persaud (second left)

Three new Assistant Coroners were recently sworn in at the Coroner's Court in Queens Road, Walthamstow by Mayor of Waltham Forest Council, Cllr Terry Wheeler.

The swearing in of Mr Ian Wade QC, Ms Laura Johnson and Ms Elisabeth Bussey-Jones was

overseen by the Senior Coroner for East London, Ms Nadia Persaud.

Waltham Forest acts as the lead authority for the East London Coronial District, which covers five boroughs – Newham, Redbridge, Havering, Waltham Forest and Barking and Dagenham.

A Coroner is an independent

judicial post holder – working independently from both the Council and the police. They are usually lawyers, but are sometimes doctors like the district's other Assistant Coroner, Dr Shirley Radcliffe.

Waltham Forest is currently dealing with a very high profile inquest into the death of Dr Abbas Khan – the British humanitarian doctor who died in Syria. As he has been laid to rest in East London it is the duty of our Coroner to investigate, although it is now being heard by the Chief Coroner at the Royal Courts of Justice because of the scale of the case.

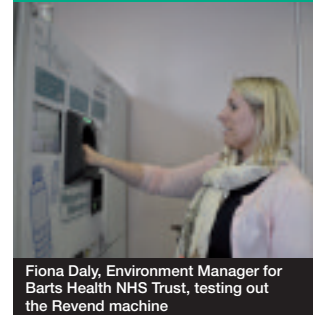
Not all deaths need to be reported to the Coroner. In most cases, a GP or hospital doctor can certify the medical cause of death and issue the Medical Certificate as to the Cause of Death (MCCD). The death can then be registered with the Registrar of Births and Deaths.

The Registrar may refer deaths to the Coroner if the cause shown is unacceptable or needs further inquiries. Coroners investigate deaths if they have reason to think that the death was violent or unnatural; the cause of death is unknown or the deceased died while in prison, police custody or another type of state detention.

Fact file

- In East London, around 3,000 deaths are reported to the Coroner each year.
- There are around 380 inquests in East London every year.
- The office of Coroner dates back to the time of William the Conqueror.
- The office was formally established in 1194 and qualified in Chapter 24 of Magna Carta in 1215.

In brief



Fiona Daly, Environment Manager for Barts Health NHS Trust, testing out the ReVend machine

Recycling can do

Whipps Cross University Hospital has introduced a ReVend reverse vending machine, which allows patients and staff to earn money and reduce costs with a new approach to recycling. The machine condenses plastic bottles and cans by up to 90 per cent and can hold over 1,000 items, reducing the time staff spend collecting recycling and cutting waste transport costs. In return for using the machine you will receive a voucher to claim money off a drink purchased from the onsite restaurant, or you can choose to make a charitable donation.

• For more information contact Tom Flynn at Skanska UK on 01923 423217.

How does the scheme work?

- Ⓔ The Big London Energy Switch is a collective switching scheme run by Waltham Forest Council and a number of other councils in London.
- Ⓔ By gathering together a large number of people who want to lower their gas and electricity bills, the Big London Energy Switch, using a third party 'switching provider', can encourage energy companies to offer their lowest prices.
- Ⓔ Once registration is closed, all the energy companies are invited to offer their best prices to everyone who registered.
- Ⓔ You will then receive details of exactly how much money you could potentially save by switching.
- Ⓔ You can choose whether or not to accept the offer.

To find out more or to register go to www.biglondonenergyswitch.org.uk or call 0800 048 8439 (if you do not have internet access)

How much can I save?

Savings depend on how much energy you use and the price of your current tariff.

There is **no guarantee** the switch will save you money. For example if you have recently switched supplier you may already be on the best value tariff. You are under no obligation to accept the offer. A similar scheme has seen yearly savings of £40 and £250 per household, so there is nothing to lose by registering.

Can I take part?

Anyone who pays a household energy bill can take part, although if you are in debt to an energy company you may not be allowed to switch.

When is the switch happening?

You can register your interest now. Registration is open and will close on 13th October 2014 with offers to customers expected from the 24th October.

The Big London
ENERGY
SWITCH

Waltham Forest Council is supporting a scheme to help see if residents can get a better deal on their gas and electricity bills

You may be
paying too much
for your gas and
electricity!

Sports and fitness

Circular Flow Yoga

Tuesdays, 7.15–8.15pm

Foster Hall, Wellesley Road, E17 8JZ
A style of flow yoga influenced by the circular aspects of Tai-Chi. Connecting the breath, movement and mind to find strength and flexibility. £5 with this advert, £35 for 5 consecutive lessons, £10 drop in.

For more information email sherene@circulartflowyoga.co.uk or tweet @BeaninStow.

Adult Dance Fitness

Days and times vary

Shern Hall Methodist Church, Shernhall Street, E17 9HX

All ages and abilities welcome. Come along, get fit and have fun! **For more information phone Nicola on 07814 781 642 or email avoladance@hotmail.co.uk.**

Women's Morris Dancing for Beginners

Wednesday 3 September, 8–10pm

St Gabriel's Family Centre, Havant Road, E17 3JF
Blackhorse and Standard Women's Morris Dancers invite you to join our beginners evening. A fun and friendly way of keeping fit while learning traditional English Morris Dancing. No experience necessary, just come along and have a go. Musicians (male or female) are also welcome. First term free to new members. **For more information phone 020 8527 2926 or visit www.blackhorseandstandard.org.uk.**

Circle Dancing to World Music

Thursday 7 August, 2–4pm

Quaker Meeting House, 1a Jewel Road, E17 4QU
£4 per session; tea, coffee and soft drinks included. All welcome. No need for a partner, just turn up. **For more information phone Pat on 020 8556 3508 or email jean.duggleby@virgin.net.**

Learn Belly Dancing

Every Tuesday, 7–8pm

The Asian Centre, Orford Road, E17 9LN
A great way to help you stay in shape and allow you to express your own personal creativity, enjoyed by many people around the world and for all ages. Enjoy belly dancing for £5 for one hour lesson. **If you are interested please phone Sarah on 07735 345 635.**

Yogi J Yoga

Mondays, 7–8pm

The Limes Community Centre, 6 Somers Road, E17 6RX
A mixed ability class focusing on mind, body and breath. Suitable for all levels, moving through gentle poses with dynamic

options to deepen your practice. Develop flexibility, balance, strength and relaxation in the body and the mind. £9 drop in or buy a six week block for £45. Bring your own mat or buy one from me for £10. **For more information please email James jccassidy123@aol.com.**

Women Only Pilates

Every Friday (except the first of the month) 7–8pm

Foster Hall, Wellesley Road, E17 8JZ
Traditional mat based Pilates is one of the most effective body sculpting workouts you can do. Pilates combines strengthening, relaxation, flexibility, alignment and stamina by correcting muscular imbalances together with alleviating tension. Mixed abilities, £5 per class, mat required. **For more information email mariabonner@btinternet.com or phone Maria on 07514 180 360.**

Zumba Fitness with Chloe

Tuesdays, 7pm

Walthamstow School for Girls, Church Hill, E17 9RZ
Wear low tread supportive trainers and bring a bottle of water to enjoy this exhilarating dance fitness class in a low pressure atmosphere! £5 drop in, discounts available for advance payment. **For more information phone Chloe on 07903 629 636, email chloe@dancechloe.com or visit www.DanceChloe.com.**

Circuit Training with Chloe

Thursdays, 7pm

St Gabriel's Family Centre, Havant Road, E17 3JF
A high impact exercise class for men and women who want to improve strength and stamina. Aiding weight loss and muscle tone in a friendly environment with variations for all levels. £6 drop in, discounts available for advance payment. **For more information phone Chloe on 07903 629 636, email chloe@dancechloe.com or visit www.DanceChloe.com.**

Pilates classes in Leyton

Thursdays, 7–8 pm

Leyton Parish Church Hall, Lindley Road, E10 6QT
Drop in Pilates classes. General level but beginners and more experienced participants can all be accommodated. Classes cost £10 and mats and small equipment are provided. Alison, the teacher, is highly qualified and experienced and has been teaching for 14 years. Pilates can improve your strength, flexibility, balance, coordination, bone density, reduce pain and encourage relaxation. Men, women, older people; all are welcome. New participants must contact me first please. **For more information email alison.bray@gmail.com or visit www.facebook.com/abpilateslondon.**

Restorative Yoga

Mondays, 6–7pm

The Mill, 7–11 Coppermill Lane, E17 7HA
Gentle healing yoga poses and relaxation class, particularly suited to health conditions, or limited mobility. Safe, effective way to increase physical activity, strength, balance and flexibility. Helps with numerous conditions from high blood pressure, pain management and weight control, back problems and stress. Every Monday (except Bank Holidays) 6 – 7pm. £54 for 6 weeks/£9 drop in. Private one to ones available. **For more information and bookings please email Josetta: josettayoga@hotmail.co.uk**

Ashtanga Yoga

Mondays, 7–8.30pm

The Mill, 7–11 Coppermill Lane, E17 7HA
Fast flowing dynamic yoga class. Learn this popular style; a fun sequence of postures you can practice anywhere. Great for increasing fitness, weight control, stamina, strength, flexibility and balance. All levels, beginners welcome. Every Monday (except Bank Holidays) £10 drop in. Private one to ones available. **For more information and bookings please email Josetta: josettayoga@hotmail.co.uk.**

East London Boxing Club

Every day, 12pm and 7.30pm

25A St James Street, E17 7PJ
A friendly boxing gym next to St James Street station. We cater for those who wish to box, or simply want a great workout. No experience needed. Classes include kids sessions, women only, and amateurs. We also offer personal training. **For more information phone Sedat on 07947 426 099, email boxinginfo@northlondonboxing.co.uk or simply drop in.**



Free Lawn Green Bowls Coaching

Saturdays, 10.30am–12.30pm

Silverthorn Bowling Club, Ropers Avenue Ground, E4 9EJ
Free coaching is available for young people aged 11 to 16 and all adults. No obligation to join. Adults can use bowling as a leisurely healthy pursuit or move into competition if inspired to do so. Our

qualified coaches are CRB checked and fully supportive. We anticipate building a youth team to play other Bowling Clubs with a youth element. Come along and join in the fun, meet new people and learn to bowl. Free refreshments on the day. You must wear flat shoes to bowl. **To book your place phone 020 8531 6619, or just turn up on the day.**

Clubs and community

Interview Coaching

Tuesdays, 9am–6pm and some evenings

Near Wood Street/Forest Road, E17
Special for the summer – 20 per cent off individual coaching sessions and free CV reviews. If you feel your interview technique is a little rusty, or your CV could do with a refresh, coaching and mock interviews will greatly increase your chances of success. **For more information, or to book, email nathalina@ayama.co.uk, phone 020 8257 8475 or visit www.ayamacoaching.co.uk**

Affordable Psychotherapy in English and Spanish

Appointments available Monday to Friday, 9am to 8pm

Near Blackhorse Road Station
Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that everyone can access psychotherapy. Concessions for students, unwaged and retired people. **For more information phone Valeria on 07912 887 588, email vb.psychologist@gmail.com or visit www.valeribonfiglio.co.uk.**

Noor UI Islam Summer Fete

Sunday 24 and Monday 25 August, 11am–6.30pm

Leyton Sports Ground, Crawley Road, E10 6PY
Two days of fun fair rides, stalls and delicious foods. Entry costs £2 per person, per day. **For more information phone 020 8558 0786, visit www.noorulislam.co.uk or email enquiries@noorulislam.co.uk.**

Community local produce stall

Every Saturday, 10.30am – 3pm

St John's Church, Church Lane, Leytonstone (between the church and Matalan, just off the High Road)
A stall selling delicious, locally grown organic fruit and vegetables, and other local produce. A partnership between Organiclea and Transition Leytonstone. **For more information email stall@transitionleytonstone.org.uk or phone 020 8556 3090.**

Leytonstone Green Drinks

Friday 15 August, from 8pm

The Walnut Tree, 857–861 High Road, E11 1HH

Are you green and eco-minded? Do you want to meet others with the same interests? Then come along on the 15th of any month and enjoy good company, green conversations and great beer. Look for the table with the green tablecloth. **For more information phone 07747 014 235.**

Year of the Bus Family Fun Day

Friday 15 August, 11am–3pm

Walthamstow Town Square, High Street, E17 7JN

An event to celebrate the year of the bus. With Walthamstow being the home of London buses, it is our chance to celebrate. A number of buses will be on show, including a Walthamstow built bus. Lots of free goodies, and there will also be a number of displays on the history of the London Bus and the mobile shop from the Pumphouse Museum. There will also be a Fire Truck, display stands from the Metropolitan Police and the Met Police Band.

Acupuncture Awareness

Days and times vary

Acupuncture has been used in the East for over 2000 years to treat a wide range of physical and emotional problems. It is a holistic therapy which aims to help the body to regain balance in the fight against illness. In the West it has continued to grow in popularity and acceptance as an alternative or complement to conventional treatments. If you would like to find out how Acupuncture could help you, we are offering free consultations at our Clinic in Leytonstone. Our therapists are fully qualified members of the British Acupuncture Council. **To book a free consultation phone 07943 672696 or email on bushwoodacu@aol.com.**

CHeWs Dog Training

Mondays, Wednesdays and Thursdays, times vary

Venue near Chingford Mount
Friendly club offering pet dog training classes. Puppy and adult dog classes available. **For more information phone Sarah on 020 8523 9937 or 07732 306 543, email chewsdogtraining@yahoo.co.uk or visit www.chewsdogtraining.co.uk.**

Miniature Steam and Electric Train Rides

Every Sunday and Bank Holiday Monday until 5 October, 2–5.30pm

Ridgeway Park, Peel Close, E4 6XU
Miniature steam and electric train rides at Ridgeway Park Chingford are great fun for children and adults alike. During the school summer holidays, train rides are also available on Wednesday afternoons from 1–4pm. Train rides are available at 60p or £1.20 depending on the train track in use. Kids under three go free with an adult. **For more information visit www.chingford-model-engineering.com or email chairman@chingford-model-engineering.com.**

Culture and crafts

Street 17 Festival

Sunday 17 August, 12–5pm

Walthamstow Town Square, E17 7JN
Walthamstow's street arts festival returns with an array of displays, demonstrations and hands-on arts activities, including BMX and skateboarding demonstrations and coaching, artists-in-action, dance, music, films on The Big Screen, pop-up galleries, crafts stalls and food and drink. Plus, help to create a community sculpture. Come along to this free event – there's something for everyone to enjoy. **For more information visit www.street17.co.uk.**

Starlighters Musical Theatre

Thursdays, 8.30–10.30pm

St Stephen's Church, Copeland Road, E17 9DB

We are a small, friendly amateur company looking for new members who would like to perform while raising money for a local charity, CREST Waltham Forest. No experience necessary and no auditions. All members contribute £5 per week to cover expenses. **For more information please phone 020 8923 5416 or email starlighters12@gmail.com.**

London Music Academy – guitar and piano

Every Wednesday, times vary

Sir George Monoux College, 190 Chingford Road, E17 9DB

Guitar and piano lessons for all ages. Enrolling now for September 2014. Prices start from just £9. Booking is essential. **For more information email info@londonmusicacademy.co.uk or visit www.londonmusicacademy.co.uk.**

E17 Jazz

Wednesday 24 September, 8.30–10.30pm

Orford House Social Club, 73 Orford Road, E17 9QR

The award winning E17 Jazz Collective presents concerts on the last Wednesday of each month featuring local musicians of national renown, plus exciting guest stars in a relaxed jazz club setting. Entry £10/£7. **For more information visit www.e17jazz.com/whatson.**

Open Mic Night

Thursday 21 August, 8.15–11.30pm

Old Hall Tavern, 200 Hall Lane, E4 8EY
Supportive audience welcomes performers of all levels in this friendly and inclusive live music venue, covers or original material. Free entry and use of PA and amps or do your thing unplugged. Hosted by PettyCash. Held on the third Thursday of every month. **For more information email pettycash.band@yahoo.co.uk or phone Trev 07947 028 755.**

Knitting and Crochet Exhibition

Thursday 11 to Sunday 21 September

The Winns Gallery, Lloyd Park, Forest Road, E17 4PP

Abstract yarn shop is putting together a collective exhibition about the past, the present and the future of knitting and crochet. We are looking for knitted and crochet items with a story. Something you made for someone special, something that your grandmother made for you... something that went wrong or that you never managed to finish. We are interested to see items from any part of the world. We are also looking for drawing, paintings and photos inspired by those two crafts. If you are interested, we would love to see your work and celebrate together those amazing two crafts. **For more information email alessandrarigillo@googlemail.com or phone 07971 255 705.**

Strung Out Violin Groups for Adults

Days and times vary

The Quaker Meeting House, 1a Jewel Road, E17 4QU

Strung Out is a fun violin group for adult enthusiasts of all levels, led by a professional musician. All styles of music welcomed from classical to traditional. Fun is the key ingredient! Classes are limited, so please book in advance. If you are interested in a day class, please enquire. Evening classes for absolute beginners, improvers, easy and intermediates. Recruiting now for September. **For more information, and to reserve a place, email strungout@shapeshifter-productions.com, phone 020 7018 2927 or visit www.shapeshifter-productions.com.**

Five String Banjo Classes for Adults

Mondays, 6.30pm and Wednesdays, 7.30pm

Studio Office, Quaker Meeting House, 1a Jewel Road, E17 4QU

Recruiting now for new classes in September. Improving beginners can join the Monday class, while improvers and intermediates can join the Wednesday class. Dick Smith teaches five-string Banjo classes in three finger bluegrass style picking. Start from scratch or brush up your banjo skills in a relaxed and fun environment. Private lessons are also available. **For more information phone 07745 052 525, visit www.banjosmith.co.uk or email info.banjosmith@gmail.com.**

Ukulele Classes for adults

Wednesdays, 7.30pm and Saturdays, 10.30am and 11.30am

Studio Office, Quaker Meeting House, 1a Jewel Road, E17 4QU

Recruiting now for classes starting Monday 8 September. Learn the ukulele or improve your skills with an experienced, professional musician in a fun and relaxed environment. Instruments not provided. **For**

more information phone 07745 052 525, visit www.banjosmith.co.uk or email info.banjosmith@gmail.com

Sing at The Warrant Officer

Every Monday, 7.30–9pm

The Warrant Officer, 318 Higham Hill Road, E17 5RG

Join our fast growing community choir at The Warrant Officer pub. Absolutely no auditions, all abilities welcome. Raise your voice and lift your spirits as part of an adult choir where you call the tunes. Inclusive, informal and fun. £6 per session.

For more information email singattheWO@gmail.com, phone Laura on 07813 686 980 or just come along.

Children and young people

Avola Dance Academy

Days and times vary

Sherm Hall Methodist Church, Shernhall Street, E17 9HX

Ballet, tap and freestyle dance classes for school age children. New classes starting September 2014. IDTA qualified teacher.

For more information phone Nicola on 07814 781 642 or email avoladance@hotmail.co.uk.

Teenage Street Dance

Fridays, 7.45 to 8.15pm

Sherm Hall Methodist Church, Shernhall Street, E17 9HX

Brand new street dance class for ages 11 and over. All abilities welcome. **For more information phone Nicola on 07814 781 642 or email avoladance@hotmail.co.uk.**

Melody Movement

Fridays, 10.30am

Sherm Hall Methodist Church, Shernhall Street, E17 9HX

The only Melody Movement School in Waltham Forest, offering dance and movement for children aged two and over. Includes dance, movement, dressing up and music. Collect stickers to complete a work card, on completion of 12 lessons, a medal is received. £5 per week. Phone now to book as numbers are limited. **For more information phone Nicola on 07814 781 642 or email avoladance@hotmail.co.uk.**

E17 Junior Guitar Club

Saturdays, times vary

Hornbeam Centre, 458 Hoe Street, E17 9AH

Guitar playing fun for children of all abilities. Ages 7 and upwards. Pay £8 for a taster session, then £48 for a half-term of six lessons 30 minutes each. **For more information phone Christian Karlsson on 07958 471 083, email chris@stunningmusic.com or visit www.stunningmusic.com.**

Tritons Summer Swim School

Until Friday 29 August, times vary

The Community Pool, Waltham Forest College, 707 Forest Road, E17 4JB

Looking for something to do with the kids this Summer Holidays? Come down to The Community Pool, we have more activities than ever before! We have intensive group and one to one lessons for as little as £30 for five 90 minute sessions. We have Aquasplash, our new daily structured sessions for children from 8 years old of all abilities; games and exercises to improve water confidence and learn new skills in a fully supervised session. £5 per 45 minute session or £45 for the whole five weeks. For more advanced swimmers (stage 5 and over) we have rookie lifeguard, water polo and life support/CPR training. **For more information, and to book, visit www.tritons.org.uk.**

Chingford Tora Shotokan Karate Club

Wednesdays, 7.30–9pm

Walthamstow Academy, Billet Road, E17 5DP

We are offering free karate sessions for 11–16 year olds on Wednesdays until 27 August. **For more information email chingfordtora@hotmail.co.uk or visit www.chingfordtora.co.uk.**

Acting Bugs

Fridays, 9.50–11.30am

The Peterhouse Centre, 122 Forest Rise, E17 3PW

Acting Bugs and Diddy Bugs are brand new drama groups for children aged three to four years and 18 months to three years, led by local TV actress and mum, Sam Seager, and children's author Shirani Bolle. The sessions last 45 minutes and introduce pre-school children to the world of drama in a fun and playful way, inspiring young imaginations through the use of storytelling, movement, music, puppets and bubbles. The sessions will get your little ones imagination buzzing, help develop

focus and build confidence in a friendly and safe environment. Parents stay with their children through the session. Numbers strictly limited, so please email or phone to book your free taster session. **For more information email info@actingbugs.co.uk, phone 07548 196 722, visit www.actingbugs.co.uk or find us on Facebook and Twitter.**

Pro Star Football Academy

Saturdays, 10–11am and Tuesdays, 5–6.30pm

Wadham Lodge, Kitchener Road, E17 4JP
Football development sessions. Children aged three to 10 years can join us on Saturdays, while five to 12 years olds can join in the fun on Tuesdays. £6 per child, per session. **For more information phone 07918 428 944 or email prostarfootballacademy@live.co.uk.**

Children and Young People's Directory

Compiled by the Council's Early Intervention and Prevention Service (EIP), the CYPD is packed with useful information and guidance for all families including local support services, Ofsted registered childcare and a 'What's On' section with activities for all ages. **For more information visit www.walthamforest.gov.uk/cypd**

Council Meetings

Tuesday 5 August

Planning Committee, 7pm

Wednesday 6 August

Licensing Act 2003 Sub Committee, 3pm

All meetings are held at Waltham Forest Town Hall and start at 7.30pm unless stated otherwise.

Tell us what's on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

Free internet access is available at all libraries in the borough.

The deadline for 25 August edition is
Friday 8 August

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

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Leytonstone



The stunning view of London from the top of St John's Church Tower. Photo by Peter Beynon

A different view of Leytonstone

- Visitors enjoy breath taking views across London from St John's Church Tower
- Sunset Over London tower tours run each July

Leytonstone residents took the chance to get a different perspective of the local area last month, thanks to the return of the St John's Church Sunset Over London tower tours scheme.

Now in its third year, the volunteer-led tours began during the London 2012 Olympic Games. Each summer the tower is opened to strictly limited numbers of visitors. On three days this July, a total of 60 visitors took the chance to see stunning views of Leytonstone and the city beyond.

St John's Church Tower rises 23 metres (75 feet) above Church Lane and the climb to the top is well worth the effort. The skyline to the south takes in the Queen Elizabeth Olympic Park, the O2 (Millennium Dome), Canary Wharf, the BT Tower, the Shard and the Barbican. On a clear evening, you can even make out the London Eye and St Paul's Cathedral. Closer to home, you can enjoy an unusual

perspective on familiar streets and buildings, with traffic and trains tracing a map of Leytonstone in lights.

The tours began as a way of fundraising for repairs to the church's roof and tower. A major programme of restoration had transformed the church's interior, but when it was time to get repairs to the roof underway, it was discovered that the tower was in need of immediate work to make it safe.

Tour Organiser, RoseMary Warrington, told Waltham Forest News: "When it was discovered that the tower was damaged, and in need of immediate repairs, several fundraising ideas were discussed. But it was the now-retired Reverend Raymond Draper who thought that the tower itself should help pay towards its repairs.

"Reverend Draper told us that during his time at the church he had spent several hours on the roof enjoying the spectacular view

across London. He thought that local people would also like the chance to go up onto the church roof, and so Sunset Over London began."

The first year of tours proved an immediate success, with visitors eager to have a birds' eye view across East London and beyond.

St John's has been a local landmark since 1833. The church was designed by architect Edward Blore, who also worked on Buckingham Palace and Westminster Abbey. Over the past 11 years it has undergone extensive refurbishment to the tower, roof and interior, and complete interior redecoration, which was finished in May 2012. Income from the tower tours will help the church meet the remaining costs of the refurbishment.

Each tour begins with Fairtrade refreshments and live music from professional musicians who give their time for free to support fundraising efforts. Visitors can take

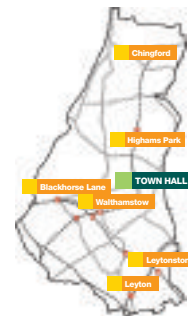
a tour of the inside of the church. It's then time to don hard hats and climb the 96 spiral steps to the top of the tower, search for London's landmarks, take photos, or simply enjoy the view as the sun sets.

While the Sunset Tower Tours are over for another year, it is hoped that they will be able to continue next year. As the tours are organised by volunteers, the group are eager to hear from anyone who would be interested in helping in future.

RoseMary said: "In previous years, several tour participants said they'd been walking past St John's for years but had never been inside. We're keen to hear from people who would like to volunteer so we can keep the tours going in future, so even more people can enjoy a visit."

More info

For more information please email bookings@stjohnleytonstone.co.uk or phone 07931 546 660.



In brief

East Side Jazz Club

Leytonstone's Jazz enthusiasts can check out the fabulous music on offer at the East Side Jazz Club. Based at Tommy Flynn's public house (692 High Road Leytonstone, E11 3AA) the gigs take place on Tuesday evenings from 8.30 to 11pm. Forthcoming guests include Quentin Collins – an outstanding East London-born trumpeter who graduated from the Guildhall School of Music by winning the 'Best Finals' prize – and the Clive Fenner Trio who will perform on Tuesday 23 September. Entry costs £6 on the door, no booking is required. The gigs are organised by drummer Clive Fenner.

• For more information visit www.eastsidejazzclub.blogspot.co.uk, phone 020 8989 8129 or email eastsidejazzclub@gmail.com.

The Lung Club

Adults who are living with a serious lung condition, such as chronic obstructive pulmonary disease (COPD), cystic fibrosis, emphysema and asthma, are being encouraged to get in touch with local support group The Lung Club. The friendly Leytonstone-based club meets on the last Tuesday of every month, between 1 and 3.45pm. As well as practical advice and emotional support from other members, the club also offers up guest speakers, entertainment and fundraising events. Why not come along for a chat, tea and biscuits? Entry costs just £1.50. The group usually meets in Leytonstone, but is currently based at The Chandos Centre (Colegrave Road, E15 1DZ) while Leytonstone Leisure Centre (formerly known as Cathall Leisure Centre) is being refurbished.

• For more information phone Ronnie Crace on 020 8989 5546 or email thelungclub@talktalk.net.

Leytonstone Youth Matters

Younger residents are being encouraged to go along to Leytonstone Youth Matters' weekly drop-in group. The sessions are aimed at young people aged 11 to 19 and take place at St Andrews Church (Colworth Road, E11 1JD) every Tuesday from 3.30 to 5.30pm. It's a fun, safe place to make new friends, listen to music, play computer games and chat to the friendly youth workers or challenge them to a game of cards. Entry is free.

• For more information visit www.leytonstoneyouthmatters.org.uk or phone 020 8518 7725.

In brief

Give before you go

NHS Blood and Transplant is reminding residents who donate blood to remember to make a donation before they go away for their summer holiday, especially those who have blood groups B Rh negative and O Rh negative. Blood stocks tend to fall over summer as people forget to donate because they are on holiday. Anyone aged 17 to 65, weighing more than 50kg (7 stone 12lbs) and in general good health could potentially start saving lives by becoming a blood donor. There is no upper age limit for people who have donated in the last two years. You can find a donation session happening near you by searching the Blood and Transplant website.

• Visit www.blood.co.uk or phone 0300 123 23 23.

Healthier snacks

After a tiring workout, the temptation to eat something naughty can lead some of us to the nearest vending machine for a snack that undoes all our hard work in minutes. But thanks to a partnership between the Council and Better, who run the borough's six leisure centres, this temptation is being satisfied with healthier options. Visitors to Leyton Leisure Centre can snack more healthily, thanks to a new style of vending machine. Run by therudefoodco who stock everything from porridge and dried fruit to baked snacks and smoothies, the vending machine is the first of its kind in Waltham Forest, and the first one in a gym run by Better, who manage leisure centres across 18 London boroughs. The machine was installed after the Council met with community dieticians, public health experts and Better, to identify ways in which the Council's leisure contract could be focused on healthier products. Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing, said: "The Council wants to do everything it can to support residents in making healthier dietary choices. We're trying to stop people from taking one step forward and two steps back by exercising and then filling up on junk food, which you often find in gym vending machines." If the trial proves popular with residents, the vending machines will be rolled out to all leisure centres in the borough.

• For more information on Waltham Forest's Leisure Centres visit www.better.org.uk/areas/waltham-forest. Free internet access is available at all libraries in the borough.

Our Parks will help you get fit

- Residents have been flocking to fitness classes held in five of the borough's parks
- Our Parks sessions make use of the first-rate facilities at Waltham Forest's open spaces



Residents enjoy an Our Parks yoga session in Leyton Jubilee Park

If you've recently taken a stroll through one of the borough's top-notch parks, you may have spotted fellow residents taking part in popular outdoor fitness sessions.

Since March this year Waltham Forest Council, in partnership with Our Parks, has been offering residents the chance to sign up for a wide variety of free exercise classes that now take place in four of the borough's main parks.

If you're interested in staying active and keeping healthy, but are bored of your usual fitness regime and want to try something new, then it could be just the pick-me-up you've been looking for.

The sessions have proved overwhelmingly popular since the scheme began, and more than 2,200 residents have already signed up and taken part in a class.

And it's not all star jumps and squats – there's something for everyone with tots tennis, buggy fit, boot camps, parkour and yoga among the classes on offer.

The sessions take place at

Langthorne Park, Leytonstone (Birch Grove, E11 4YG); Leyton Jubilee Park, Leyton (Seymour Road, E10 7BL); Lloyd Park, Walthamstow (Forest Road, E17 4PP) and Ridgeway Park, Chingford (The Ridgeway, Old Church Road, E4 6RS). Some tennis sessions will also take place at Drapers Field, Leyton (High Road Leyton, E15 2DD).

Each park (except Drapers Field) currently has 10 hours of free activities taking place every week. The sessions are led by experienced course leaders who are on hand to help you get the most from your workout and give you the motivation to meet your fitness goals.

Yvette Chin, who lives in Walthamstow, has been attending sessions in Lloyd Park. She told Waltham Forest News: "I heard about Our Parks after a friend attended a class and I thought the fact that it was free of charge and took place outdoors sounded interesting.

"I went along to a Saturday

morning yoga class and it was really good. The instructor was an excellent teacher, as well as being friendly and approachable. I love doing any type of activity outdoors, and having the fresh air, ventilation and natural light really made a lovely difference. You can't get that indoors in a gym!

"I've been going along to the sessions with friends and we use it as a chance to catch up, but the whole class is very sociable. I think Our Parks is a really good initiative to help make physical activity more accessible to local people. Hopefully people will see us being active in the park and realise that you don't need to spend money to stay fit. I'd encourage everyone to come along and try a class, especially if it's not something they'd normally do."

It's easy to join in the fun. Simply visit www.ourparks.org.uk, register your details and start signing up for the classes you want to take part in.

Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing,

told Waltham Forest News: "I am delighted that so many people have already attended one of these free classes.

"I think Our Parks offers a brilliant way for people to try something new, enjoy our parks during the glorious weather and make new friends from their neighbourhoods along the way. I hope even more residents will be inspired to get fit and stay healthy."

Activities take place during the day, in the evenings and at weekends to make sure everyone has a chance to go along to a session.

There is also a handy smartphone app to make booking even easier. Visit your app store and search 'Our Parks UK'.

More info

To view the full programme of events, or sign up for a class, visit www.ourparks.org.uk. You can also follow @OurParksUK on Twitter. Free internet access is available at all libraries in the borough.

'The best job in the world'



Could you foster a child and offer them a safe, loving home?

- Local foster carer urges other residents to try fostering
- Looking after a child is beyond satisfaction, says Yakub Malik

A resident who has lived in Waltham Forest for over 30 years with his wife and son is urging other people to consider fostering one of the borough's 268 children currently in care.

Yakub Malik and his wife, Naila, have been fostering for 10 years and enjoy it so much that they can't see themselves stopping any time soon.

Having fostered many different children over the years, Yakub and his wife are currently fostering a young girl. They have both been approved by Waltham Forest Council to foster children from birth until the age of 6 years.

Yakub told Waltham Forest News: "It all started when my sister was fostering and I used to play with the child, I realised it was totally different to what I expected. My wife loves children, so when she suggested that we try it, even though we have our own son, I thought why not? Our son is 29

now and he has fond memories of playing with the different foster children, buying them toys and welcoming them."

The family was impressed with the services available to them and found the process of fostering straight forward. There is training for all new foster carers to help explain the process and address any challenges they may face.

Yakub added: "The fostering team are excellent at Waltham Forest, they helped us so much with their support and encouragement. There are not enough words to explain how I feel about fostering, it really is beyond satisfaction. It changes your life.

"I'd really encourage other people to foster – it's not as overwhelming as you may think because of the support you get. At the end of the day, it's a great feeling to give a child hope, family and a sense of well-being, ultimately helping them to achieve and contribute to

society."

Inevitably, there comes a time when families do have to say goodbye to the foster child, for example, if they are adopted. However, training helps families to deal with that and the satisfaction of fostering. The joy of giving hope to a child who otherwise wouldn't have that option far outweighs that process for Yakub and his wife.

Yakub said: "You end up opening your heart and you do love the child and when you have to let go, you are prepared for that. The families of all my former foster children stay in contact with me and they are all invited to our celebratory events. It's great to see the youngsters on their way, knowing they are safe and cared for."

Cllr Mark Rusling, Cabinet Member for Children and Young People, said: "The Council is encouraging residents to foster a child and we offer plenty of advice and support to anyone considering

it. We regularly get feedback about its rewards and how extraordinary an experience it is."

The Council needs foster carers of all ethnicities, cultures and religions. You do not have to be married to foster. You can be living with a partner, be single, lesbian, gay or a same sex couple. You do not have to own a home and can live in rented accommodation, but you need a spare bedroom.

Information sessions about fostering take place every month at Waltham Forest Town Hall (Forest Road, E17 4JF). You can find out more about fostering and meet social workers and foster carers face to face. The fostering team will also talk to community groups – no matter how large or small – please phone to find out more.

More info

For find out more visit www.walthamforest.gov.uk/fostering or phone 020 8496 3000.

In brief

Parks Guide

If you're planning fun days out to the borough's parks this summer, there's a handy way to check what's on offer. Waltham Forest's Parks and Open Spaces Guide sets out what facilities are available at each park, as well as general information such as the address and nearest transport connections. It also says whether or not dogs are allowed on site. Simply download a PDF copy from the Council website.

• Visit www.walthamforest.gov.uk/parks. Free internet access is available at all libraries in the borough.

Highams Park Scout Group

The 4th Highams Park Scout Group is looking for adult volunteers to help start a new Cub Pack and a new Scout Troop. The Group, which opened last October, already has a full Beaver Scout section which has proved extremely popular. Group Scout Leader, Michael Preston, said: "We encourage our members to experience fun, challenging and everyday adventures to help them reach their potential. We want more people to get involved in Scouting and help us support more people in Highams Park." You will be given full training and support. The 4th Highams Park Scout Group meet every Tuesday evening during school term times.

• For more information email mpreston89@icloud.com. To find out more about Scouting visit www.scouts.org.uk/join.

Street 17

Walthamstow Town Square will come alive with the return of the Street 17 Festival on Sunday 17 August. The unique street arts festival, which takes place between 12 and 5pm, will give visitors the chance to watch artists in action and take part in hands-on activities such as sculpture, drumming, painting and drawing. Professional BMX and skateboard group Team Extreme will wow the crowds with an exciting display and young people can enjoy free coaching sessions on the specially erected ramp. There will be performances from street dancers, free runners and musicians, while films of Waltham Forest will play on the Big Screen. The day will also include pop up galleries, craft stalls and world food.

• Visit www.street17.co.uk, search facebook 'Street 17 Art' or tweet @Street17art.

Notices

PUBLIC NOTICE LONDON BOROUGH OF WALTHAM FOREST DESIGNATION OF AN AREA FOR SELECTIVE LICENSING Section 80, Housing Act 2004

Notice is hereby given that the London Borough of Waltham Forest in exercise of its powers under section 80 of the Housing Act 2004 ("the Act") has on the 24th day of June 2014 designated for selective licensing the area of the London Borough of Waltham Forest as delineated and edged red on the Map at Annex A. The designation shall be known as the London Borough of Waltham Forest Designation of an Area for Selective Licensing 2014. The designation applies to any privately rented property subject to any statutory exceptions set out below. The designation falls within a description of designations for which the Secretary of State has issued a General Approval under section 82 of Housing Act 2004: Licensing of Houses in Multiple Occupation and Selective Licensing of Other Residential Accommodation (England) General Approval 2010 dated 30th March 2010. Therefore the designation need not be confirmed and will come into force on 1st April 2015 and unless previously revoked, this designation shall cease to have effect on 31st March 2020. This designation applies to any house which is let or occupied under a tenancy or licence within the area shown at Annex

A unless:

1. The house is a house in multiple occupation and is required to be licensed under Part 2 of the Act; or
2. The house is subject to a temporary exemption under section 86 of the Act; or
3. The house is subject to an Interim or Final Management Order under Chapter 1 or 2 of Part 4 of the Act;
4. The tenancy or licence of the house has been granted by a body which is registered as a social landlord under Part 1 of the Housing Act 1996;
5. The house is occupied under a tenancy or licence which is exempt under the Act or the occupation is of a building or part of a building so exempt as defined in The Selective Licensing of Houses (Specified Exemptions) (England) Order 2006 SI 370/2006

Upon the Designation coming into force on 1st April 2015 any person who operates a licensable property without a licence shall be guilty of an offence under Section 95(1) of the Act, and shall be liable to prosecution and upon summary conviction liable to a fine not exceeding £20,000. A person who breaches a condition of a licence is liable to prosecution and upon summary conviction liable to a fine not exceeding £5,000.

If you are a landlord, managing agent, or a tenant, and wish to inspect this designation, apply for a licence or require further information, this is available from:

**The Private Sector Housing Team
Waltham Forest Town Hall
Sycamore House
Forest Road London E17 4JF
Telephone 020 8496 3000 or e-mail
selective.licensing@walthamforest.gov.uk**

Highways

**LONDON BOROUGH OF WALTHAM FOREST
PERMANENT MAKING OF
EXPERIMENTAL PROVISIONS
The Waltham Forest (Shernhall Bakers Arms CPZ) (Parking Places) (Amendment No. 5) Traffic Order 2014
The Waltham Forest (Leyton East CPZ) (Parking Places) Traffic Order 2014
The Waltham Forest (Spruce Hill CPZ) (Parking Places) Traffic Order 2014
The Waltham Forest (North Chingford CPZ) (Parking Places) Traffic Order 2014
The Waltham Forest (Fulbourne West CPZ) (Parking Places) Traffic Order 2014
The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 52) Traffic Order 2014
The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 53) Traffic Order 2014
The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 54) Traffic Order 2014
The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 55) Traffic Order 2014
The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 56) Traffic Order 2014
T20 (T10, T12, (2013) T36, T37 (2012))**

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest (the Council) on **28th July 2014** made the above Orders under sections 6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Orders will be to continue indefinitely:-

- (a) the provisions of The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 7) Experimental Traffic Order 2013 so that waiting restrictions operate between 10 a.m. and 4 p.m. Mondays to Fridays inclusive in the SB Controlled Parking Zone (CPZ) (only SB streets north of Lea Bridge Road) on a permanent basis (except where other waiting and loading restrictions apply);
- (b) the provisions of The Waltham Forest (Shernhall Bakers Arms CPZ) (Parking Places) (Amendment No. 1) Experimental Traffic Order 2013 so that all streets and parts of streets in the SB CPZ north of Lea Bridge Road operate between 10 a.m. and 4 p.m. Mondays to Fridays inclusive on a permanent basis;
- (c) the provisions of The Waltham Forest (Leyton East CPZ) (Parking Places) Experimental Traffic Order 2013 so that the LNE CPZ operates between 10 a.m. and 4 p.m. Mondays to Fridays inclusive on a permanent basis (except where other waiting and loading restrictions apply);
- (d) the provisions of The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 9) Experimental Traffic Order 2013 so that waiting restrictions operate between 10 a.m. and 4 p.m.

Mondays to Fridays inclusive in the LNE CPZ on a permanent basis (except where other waiting and loading restrictions apply);

- (e) the provisions of The Waltham Forest (Fulbourne West CPZ) (Parking Places) Experimental Traffic Order 2013 so that the FW CPZ operates between 10 a.m. and 4 p.m. Mondays to Fridays inclusive on a permanent basis;
- (f) the provisions of The Waltham Forest (Spruce Hills CPZ) (Parking Places) Experimental Traffic Order 2013 so that the SH CPZ operates between 10 a.m. and 4 p.m. Mondays to Fridays inclusive on a permanent basis;
- (g) the provisions of The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 11) Experimental Traffic Order 2013 so that waiting restrictions operate between 10 a.m. and 4 p.m. Mondays to Fridays inclusive in the FW and SH CPZs on a permanent basis (except where other waiting and loading restrictions apply);
- (h) the provisions of The Waltham Forest (North Chingford CPZ) (Parking Places) Experimental Traffic Order 2013 so that the NC CPZ operates between 10 a.m. and 4 p.m. Mondays to Fridays inclusive on a permanent basis;
- (i) the provisions of The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 12) Experimental Traffic Order 2013 so that waiting restrictions operate between 10 a.m. and 4 p.m. Mondays to Fridays inclusive in the NC CPZ on a permanent basis (except where other waiting and loading restrictions apply);
- (j) in Rigg Approach to introduce "at any time" loading restrictions (indicated by double yellow kerb-line markings) at its north-western extremity; and
- (k) make minor corrections to existing Order definitions for parking and waiting restrictions in Brisbane Road, Windsor Road and Buckingham Road so that they accurately reflect the current on-street layout (no changes will be made on-street).

3. Copies of the Orders, which will come into operation on **4th August 2014** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to question the validity of any of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Orders may, within six weeks of the making of the Orders, make application for the purpose to the High Court.

**Dated 4th August 2014
Mr. K. Valavan
Head of Highways and Infrastructure,
Public Realm, Low Hall, Argall Avenue, London, E10 7AS**

Planning

LONDON BOROUGH OF WALTHAM FOREST

TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2010 – NOTICE UNDER ARTICLE 13

NOTICE IS HEREBY GIVEN that the following application for planning permission has been made to the Council for which additional publicity is required.

APPL.NO 2014/1450

APPLICANT Ms Angela Nevin

ADDRESS St. Josephs Church Hall
38 Primrose Road, London, E10 5EE

PROPOSAL Redevelopment of site. Demolition of existing church/community hall building and construction of three storey building comprising 12 residential units (12 x 1 bed) for people with learning difficulties. Provision of communal area, bicycle store area and two disable parking spaces.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

**Dated this day 4th August 2014
David Scourfield – Head of
Development Management on Behalf
of London Borough of Waltham Forest**

LONDON BOROUGH OF WALTHAM FOREST PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990 – SECTION 67

NOTICE IS HEREBY GIVEN that the following application affecting a Listed Building

has been made to the Council.

APPL.NO 2014/1457/LB

APPLICANT Waltham Forest Council

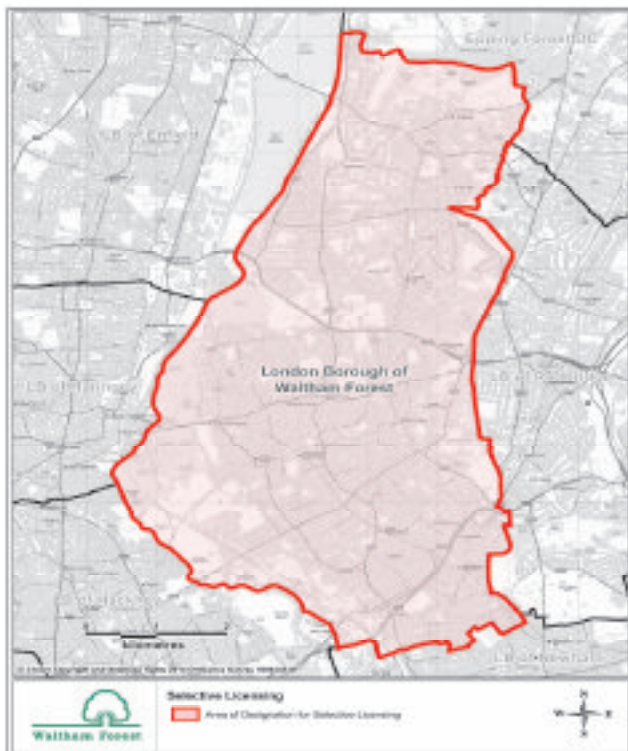
ADDRESS Leytonstone Library,
6 Church Lane, Leytonstone, E11 1HG

PROPOSAL An application for listed building consent. Replace fully glazed automatic sliding doors to corner entrance and refurbishment involving, new ceiling panels, lighting ventilation, works to existing lift at ground floor, first & second floor level.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

**Dated this day 4th August 2014
David Scourfield – Head of
Development Management on Behalf
of London Borough of Waltham Forest**

Annex A



**LONDON BOROUGH OF WALTHAM
FOREST
TOWN AND COUNTRY PLANNING ACT
1990**

**THE COUNCIL OF THE LONDON
BOROUGH OF WALTHAM FOREST** hereby
gives notice that it has made an order
under section 247 of the above Act entitled
The London Borough of Waltham Forest
(Stopping Up of Highways) (No.3) Order
2014 to authorise the stopping up of the
following areas of public highway showed
hatched red on the plan attached to the
order:

(1) The area of public highway on Cart
Lane E4 situated between and to the rear
of 18 and 24 Garfield Road, London, E4
7DG formed of a tapered triangular shaped
area measuring lengths of 10 metres x 10
metres with a width of 2 metres.

THE ORDER IS MADE, to enable the
development described in the Schedule to
this notice to be carried out in accordance
with the planning permission granted to
Higgins Homes PLC by the Council of the
London Borough of Waltham Forest on 28
May 2013 under reference 2012/1495.

**COPIES OF THE ORDER AND THE
RELEVANT PLANS MAY BE INSPECTED**

during normal office hours at (a) The
Information Desk, Town Hall, Forest Road,
Walthamstow, E17; and (b) Low Hall, Argall
Avenue, London, E10 7AS free of charge.

ANY PERSON aggrieved by the Order and
desiring to question the validity thereof,
or of any provision contained therein, on
the ground that it is not within the powers

of the above Act or that any requirement
of that Act or of any regulation made
thereunder has not been complied with in
relation to the Order may, within 6 weeks of
4 August 2014, apply to the High Court for
the suspension or quashing of the Order or
of any provision contained therein.

Dated: 4 August 2014

**MR. K. VALAVAN, Head of Highways
and Infrastructure, Low Hall, Argall
Avenue, London, E10 7AS**

THE SCHEDULE

Residential redevelopment – terrace of
8x3 bedroom, two storey houses with
dormer windows and rooms in roof, private
gardens and parking at rear

**LONDON BOROUGH OF WALTHAM
FOREST**

**TOWN & COUNTRY PLANNING
(DEVELOPMENT MANAGEMENT
PROCEDURE) (ENGLAND)**

**ORDER 2010 – NOTICE UNDER ARTICLE
13**

NOTICE IS HEREBY GIVEN that the following
application for planning permission has
been made to the Council for which
additional publicity is required.

APPL.NO 2014/1568

APPLICANT Robobond Ltd (Emafyl)

ADDRESS Rear of 249 to 259 High
Street, Walthamstow, London, E17 7BH

PROPOSAL Installation of pre-fabricated
modular units at two storey height
comprising 26 Artist studio units with
ancillary facilities, external
staircases and elevated first floor walkway

and disabled access at ground floor level.
The application is open to inspection by the
Public at the offices of the Development
Management, Sycamore House, Town Hall
Complex, Forest Road, London E17 4JF
between the hours of 9.00a.m. – 5.00p.m.
Monday to Friday. Any representations
relating to the application should be made
in writing to the Planning Division within 21
days of the date of this Notice.

Dated this day 25th August 2014

**David Scourfield – Head of
Development Management on Behalf
of London Borough of Waltham Forest**

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**The fantastic Chingford
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SATURDAY 9 AUGUST, 2PM–7PM

Music Concert

Don't miss legends **Sister Sledge**, **Alexander O'Neal**
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our best local talent taking the stage!

SUNDAY 10 AUGUST, 1PM–6PM

Family Fun Day

A fabulous fun day in the park packed with
activities and entertainment, including a
fun fair, bouncy castles, garden games,
gladiator joust, bungee run
and much more!



Sister Sledge



Alexander O'Neal



Gwen Dickey
(Rose Royce)



020 8496 3000

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